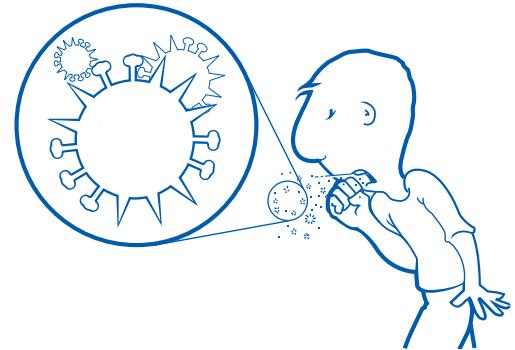


Ibicurane

Ibicurane n'iki?

Ibicurane ni indwara iterwa n'imigera. Ibicurane bishobora gutuma umuntu akorora, akumva mu muhogo hafunganye kandi akagira ubushuhe burenze. Birashobora gutuma na none umuntu agira gufungana mu mazuru, uburuhe, kuribwa umubiri wose, canke kugira ibimenyetso byo kutiyumva neza. Ibicurane biza buri mwaka cane cane mu gihe c'имвура canke c'impeshi muri Amerika. Abantu b'i myaka yose barashobora kwandukizwa ibicurane, kuva ku bana batoyi, abakuze kugeza ku batama.



Ibicurane mu bantu

Abantu barandukizwa ibicurane muri Amerika?

Ego. Umugera wandukiza ibicurane ukwirakwiye kw'isi yose. Muri Amerika, ibicurane bikunda kuza mu mezi y'имвура no mu y'impeshi. Abantu bensi bandukizwa ibicurane buri mwaka. Ibicurane kandi biboneka mu bindi bice vy'isi. Mugabo igihe ibihe vyavyo biratandukanye uvuye mu karere uja mu kandi.

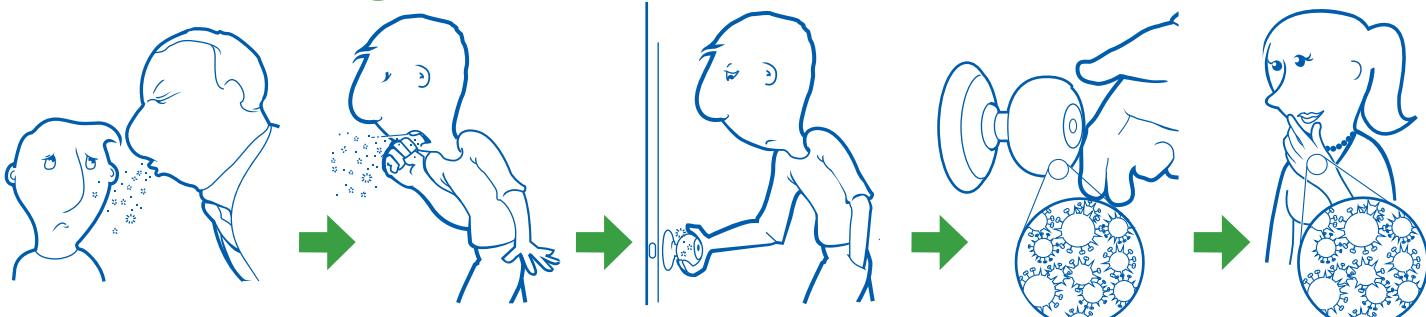


Ni gute abantu bakwirakwiza ibicurane?

Abantu bafise ibicurane bashobora gubikwirakwiza mu gukorora canke kwitsemura. Utuzi dukeyi dusohotse mu gihe umurwayi yitsemuye, akoroye, canke avuze dushobora kugwa mu kanwa k'uwwundi muntu ari hafi ye.

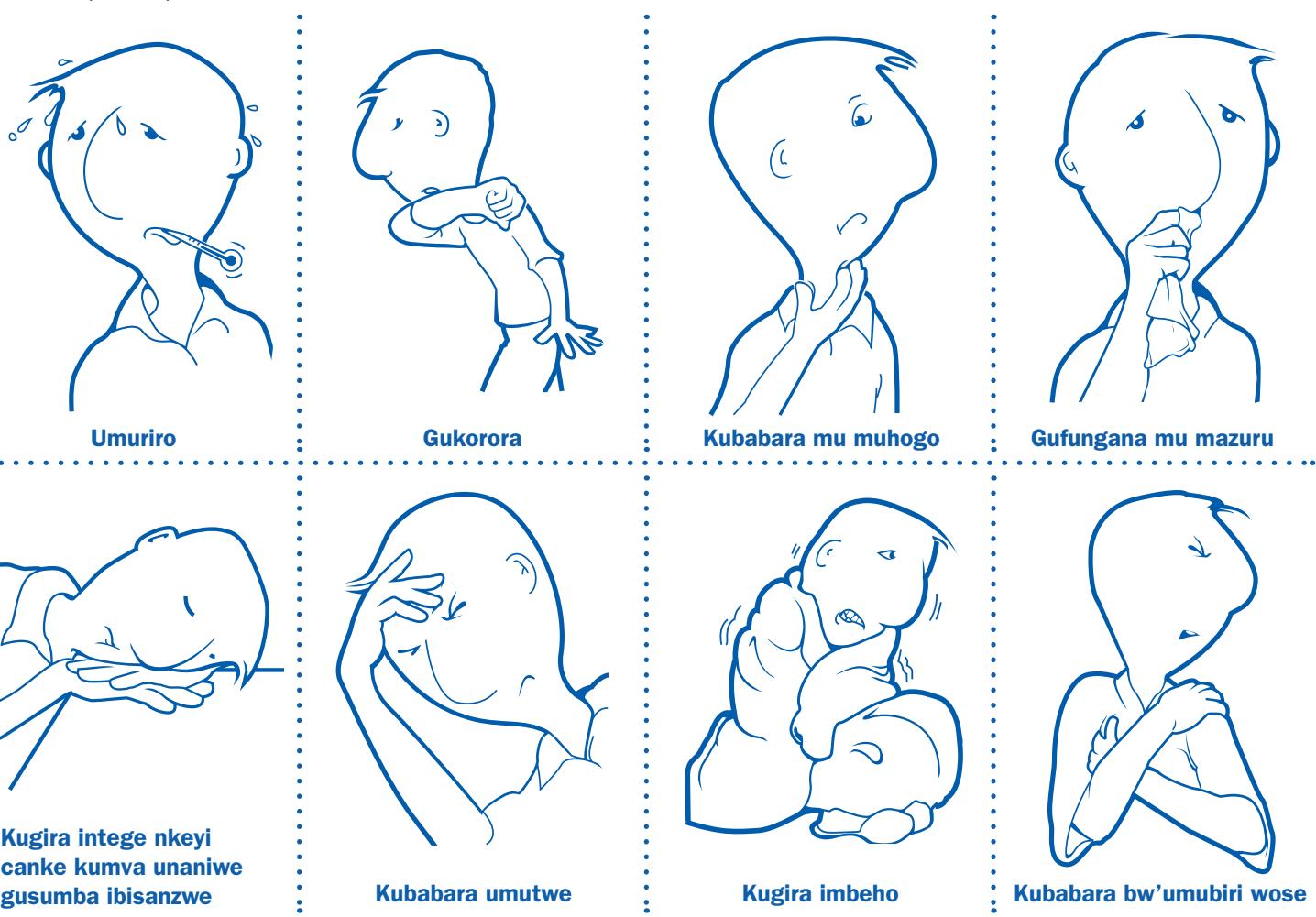
Utu tuzi dushobora no kwinjira mu bihaha. Abantu barashobora kwandukizwa ibicurane bikoze ku munwa canke ku mazuru bamaze gukorakora ikintu kiriko umugera nk'urugi, ameza canke intoki z'umuntu yandukijwe.

Gukwirakwira k'umugera:

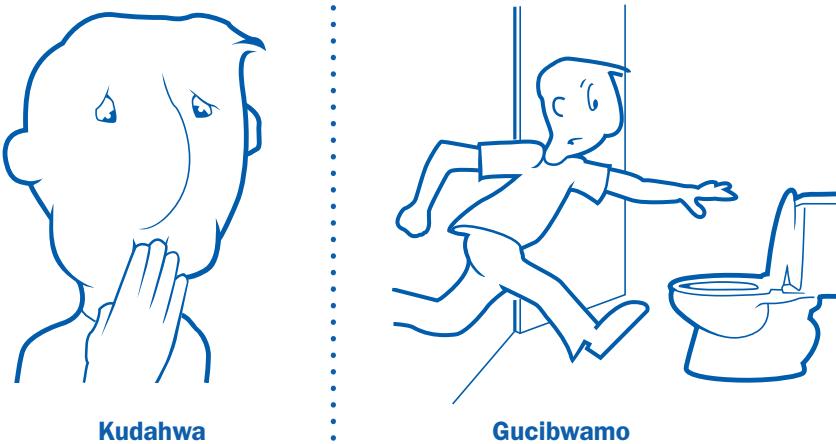


Womenya gute ko wandukijwe ibicurane?

Ibimenyetso vy'ibicurane:



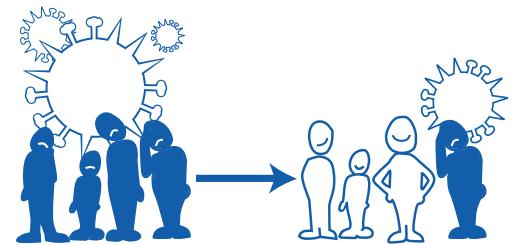
Ibindi bimenyetso 2 bidasanzwe birimo:



Umutu uwo ariwe wese ufashwe n'ibicurane ntagira ivyo bimenyetso mu gihe kimwe. Abantu bamwe bagira ibicurane ariko ntibagire umuriro. Abantu benshi bandukizwa ibicurane bagakira batarinze kuja kwa muganga canke kunywa umuti.

abantu barwaye ibicurane bamererwa gute?

Abantu bamwe bararwa ra rwose mugabo abandi ntibarwara cane. Abantu benshi barwara barakira batarinze kuja kwa muganga cane kunywa imiti. Mugabo,abandi bantu bashobora kwandura ibicurane bakagwara cane kugeza no gupfa.Benshi mu barwara cane ni abafise hejuru y'imyaka 65 canke bafise ingorane z'ubugwayi nka asima, igisukari, indwara z'amafyigo, abagore bibungenze. Abana bafise munsi y'imyaka 5 nabo barakarigwa n'ibicurane.



Ni mugihe kingana gute umntu agwaye ibicurane ashobora kwandukiza umugera abandi bantu?

Abantu benshi bashobora kwandukiza ibicurane kuva ku munsi wa mbere wo kugaragaza ibimenyetso kugeza ku minsi 5 - 7 nyuma y'ibimenyetso. Abantu baremye cane canke abana batoyi bashobora kumarana ibicurane iyihe kinini.

	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Gukingra no guvura

Nokora iki kugira nikingire kwandukizwa ibicurane?

CDC (ikigo kijejwe gukurikirana indwara) gitanga impanuro zikurikira mu kurwanya ibicurane:



Buri munsi gira ingeso zo gukingira amagara yawe hamwe n'ay'abandi:



Funga amazuru n'agatanbaro canke n'ukuboko igihe ukoroye canke witsemuye. Ta agatambara aho bata imicafu umaze kugakoresha.



Naba intoki buri gihe n'amazi n'isabuni. Niwaba nta mazi ufise naho, ihanaguze agatambaro kariho alukoro.



Ntiwigere wikora ku maso, ku munwa canke ku mazuru kuko niho kwandukizwa biva.



Niwoba ufite ibimenyetso vy'ibicurane, guma mu rugo kugeza amasaha 24 umuriro umaze gushira.*

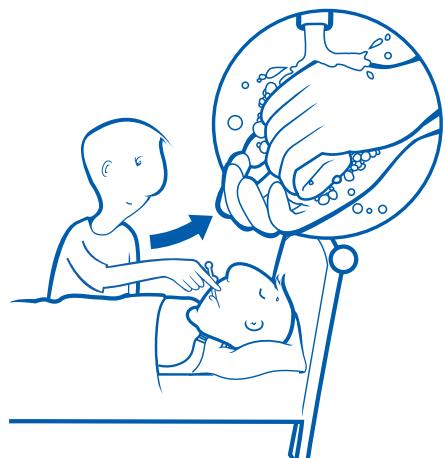
*Umuriro ushabora kugabanuka udakoreshejwe umuti wategekanyijwe. Kuguma muhira navyo bisigura ko utegerezwa kuguma mu nzu kerekwa igihe woba ugiye kwa muganga canke kugura umuti. Irinde kwegerana n'abandi bantu kugira utabanduza.

Mu gihe c'ibicurane, witegure ko ushabora kubigwara ukaguma mu rugo iminsi mike. Tegura imiti yo kwifashisha, agatambara kariko alukoro, agatambara ko gukora isuku n'ikindi kintu cose wokenera kugira udasohoka mu gihe wagwaye. Niwaba mu vy'ukuri ugwaye cane canke ufise izindi ngorane z'amagara, hamagara umuganga wawe. Azokubwira niba ukeneye gupimwa ibicurane, umuti canke kwitabwaho.



Ndashobora kuja ku kazi mu gihe mfise umugwayi w'ibicurane mu rugo?

Abantu batagwaye ariko bafise umuntu mu muryango agwaye ibicurane barashobora kuja ku kazi bisanzwe. Kurikiza impanuro zimwe nko kunaba intoki n'isabuni n'amazi ashushe. Udashoboye kubona amazi n'isabuni koresha agatambaro karimo alukoro. Koresha izi ngingo kugira wikibgire kwandukizwa ibicurane n'umuntu abirwaye mu muryango.



Ni yihe nzira nziza yo kunaba intoki mu kwirinda umugera?

Kunaba iminwe bizogukingira cane kutandukizwa umugera. Mu gihe unaba iminwe:

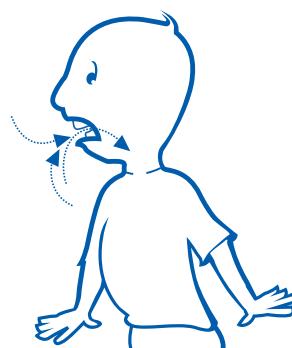
- Koresha isabuni n'amazi ashushe.
- Naba intoki hagati y'amasegonda 15 na 20.

Udashoboye kubona amazi n'isabuni koresha agatamara karimo alukoro. Mu gihe ukoresha ako gatambara, hanagura intoki zawe ukoreshheje ikintu kugeza zumutse.

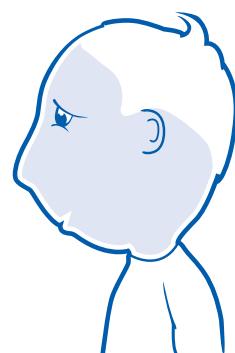


Hamwe wewe canke umuntu uzi mwokwandukizwa kandi mukabonekako ibi bimenyetso, ja kwa muganga **N'INGOGA:**

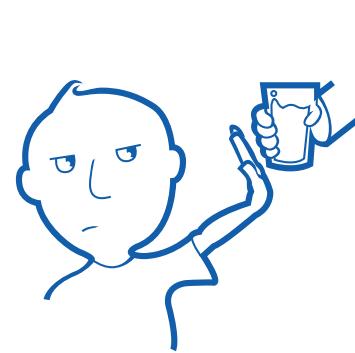
Mu bana:



Guhema vuba vuba canke kugira ingorane mu guhema



Kweruruka urukoba



Kutanya ibyo kunya bikwiye



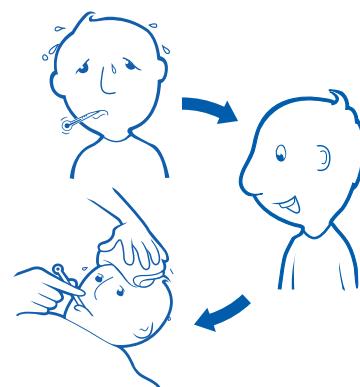
Kudahwa umwanya munini



Kutabyuka no kutaganira n'abandi



Umwana gufavura gushika aho adashaka umuterura



Ibimenyetso vy'ibicurane biragabanuka ariko bikazogarukana n'umuriro no gukorora cane

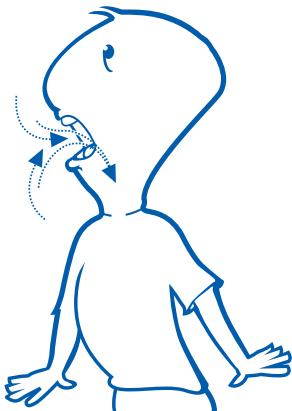
Mu inzoya:

Utagerezwa na none kwihiwwza ibi bimenyetso:

Kudashobora gufungura, kudakorora amosoz i kandi ariko ararira no gukoresha ibitambara bike yyo guhanagura umwana.



Mu bakuze:



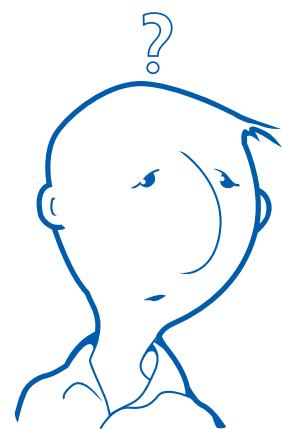
Ingorane mu guhema canke
guhema mu kanya gato



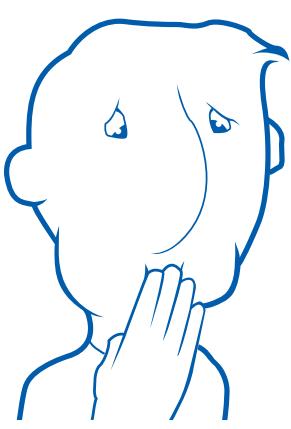
Kubabara mu gatuza canke
mu mushishito



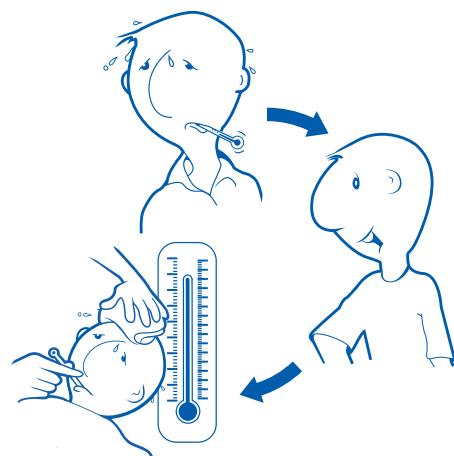
Kumva ikizunguzungu



Guta umutwe



Kudahwa bidahera



Ibimenyetso vy'ibicurane
biragabanuka ariko bikagarukana
n'umuriro no gukorora cane

Hoba hariho imiti yo kuvura ibicurane?

Ego. Imiti yandikwa n'abaganga yitwa imiti yo kuvura umugera ishobora kuvura ibicurane. Mu gihe ugwaye, iyi miti irashobora gutuma utora mitende no korosha ibicurane. Abantu benshi bagwara ibicurane bakira batarinze kunywa imiti. Mugabo, ushaka gutora mitende vuba, umuganga wawe arashobora kukwandikira imiti y'umugera.



Ukeneye amakuru asumbirije hamagara CDC info kuri uyu nurongo 1-800-CDC-INFO (232-4636) canke urabe kuri uyu murongo wa interinet www.cdc.gov/flu.